



# "Gi'snutman Agnutmaqun" July 2006 Have You Heard The News



## Tribal Clerk

### Maine Deer Hunters

Firearms hunting in 2006 will be "bucks-only" for anyone without an Any-Deer-Permit. Applications for the free permits are available at the Administration Office, Town Offices, or online at [www.mefishwildlife.com](http://www.mefishwildlife.com)

Application Deadline by Mail or in Person: July 17, 2006. If mailing: must be postmarked by July 15.

Application Deadline ONLINE ONLY: August 4, 2006 by 11:59 p.m.

Drawing will be held in late September and the Permits will be issued in early October by IF&W.

### 2006 Firearms Deer Seasons

Firearms Season (statewide) Oct 30—Nov 25

Maine Residents-Only Day Oct 28

Youth Deer Day Oct 21

### Muzzleloader Seasons

Statewide (all \*WMD's) Nov 27—Dec 2

In Districts 12, 13, 15, 16, 17, 18, 20, 21, 22, 23, 24, 25, 26, 29 Dec 4—9

\*Wildlife Management District.....WMD map can be found in the application booklet



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## Education

A reminder to all existing and prospective students who plan on returning to, or attending college, beginning in the fall 2006 semester.

The education department is requesting that all transcripts from existing students, or an acceptance letter from all prospective students, needs to be submitted to the Micmac Education Department no later than July 28<sup>th</sup>, 2006. This will enable us to determine the unmet need for each eligible student.

If you have any questions please contact the Micmac Education Department at 764-1972. Thank you all.

Sincerely,

Brian Donnelly

Interim Education Director

# Head Start



PIGUNJIG  
LITTLE FEATHERS  
HEADSTART

## Introducing the new symbol for Little Feathers Head Start.

When geese fly in formation and form the “V”, the point of the “V” is the teacher/leader. The V-formation in itself is symbolic of an opening to new possibilities through learning. It is like an arrowhead pointing to new directions. Geese constantly shift formation, creating wind drafts and easier flights for those they teach and for those that follow. They never fly directly behind one another teaching us that our views need to be unobstructed and reminding us to never undertake any quest in life without having a full view of what lies ahead, which is good planning.

The goose represents an expectation to have the imagination and teachings stirred toward new travels and possibilities—whether in body, spirit or mind.

The goose migration pattern and behaviors of leaving in the fall stirs our imagination and remind

us of our children’s travels that lie ahead. Then, we look forward to their return.

The symbol of the goose and the little goose remind us of leadership and direction by teaching...preparing our children to govern our Tribe, lead our Community and to take pride in who they are. This is our teaching responsibility. To preserve, promote and protect our culture and heritage through our policies and curriculum and most importantly, our example. This will be done for now and future generations....for all who attend Little Feathers Head Start



### A MESSAGE FOR OUR CHILDREN

By Mary Clearing Sky

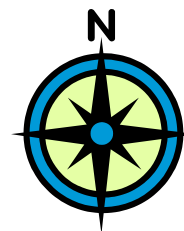
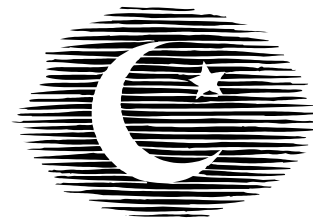
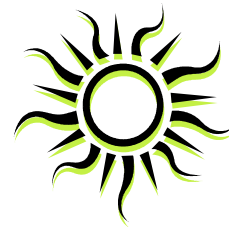
Welcome to the world.  
Thank you for choosing our  
family. We will take good  
care of you. We will re-  
member to encourage  
your efforts to crawl and  
walk and talk and grow in  
many ways. We will teach  
you safe places to play.

We will teach you ways to  
hunt and gather food and  
fuel. We will teach you  
how to protect yourself  
from danger. We will  
teach you how to pray,  
how to dance, how to act  
at ceremonies. We will  
teach you how to seek  
wisdom. We will teach  
you how to treat the Earth.

We will teach you how to  
rest and relax and enjoy  
beauty. We will teach you  
the herbs and medicines  
of the Earth. We will teach  
you how to develop your  
mind and care for yourself,  
other people, other crea-  
tures, the Earth, the Sun,  
the Moon, the Directions.  
We will teach you how to  
give thanks.

We will teach you how to  
forgive yourself if you  
make a mistake. We will  
help you to laugh and feel  
shamed by error. We will  
teach you who the wise  
ones are who can teach  
you other important les-  
sons.

Be confident, my child, we  
will take care of you.



Mary Clearing Sky is an Odawa Indian of the Upper Great Lakes region. She is with the Division of Community Mental Health, Public Health Services, Department of Health and Human Services in Albuquerque New Mexico.

# MAWIOMI OF TRIBES AROOSTOOK BAND OF MICMACS AUGUST 18 - 20, 2006



*SPRUCE HAVEN 214 DOYLE ROAD, CARIBOU, ME*

## Masters Of Ceremonies

Jimmy (Red Stone) Augustine

## Host Drum

Bear Lodge Singers

Junior Peter Paul

## Head Dancers

Chris Wysote (Male)

Mandy Barnaby (Female)

Registration for Grand Entry Begins at 11:00 Each Day

## Grand Entry at Noon Each Day

Traditional Feast Served Each Day At 5:00 PM

Supervised Youth Games Each Day

Native American Crafts & Supplies Vendors

Continental Breakfast Available Each Day

For More Information, Call (207) 764—1972

## Ceremonies

Sunrise Ceremony, Daily

Sweat Lodge to be Announced

Talking Circle to be Announced

## MAWIOMI COMMITTEE MEMBERS

George Paul

Catherine Sabine

Billy Phillips

Blanche Jewell

George Labrador

Steven Phillips

Paul Phillips

## NOTICE

MAWIOMI OF TRIBES IS A FAMILY  
EVENT, NO ALCOHOL OR DRUGS ARE  
PERMITTED ON THE GROUNDS  
NOT RESPONSIBLE FOR LOST OR  
STOLEN ITEMS

## Economic Development

### Energy Meetings

We would like to extend special thanks to those community members who attended the ABM Energy Committee Meetings on June 12<sup>th</sup> and 13<sup>th</sup>. Lori Ribeiro, one of our consultants, came up from the Boston area to help me present the report findings and to discuss some of the next steps the tribe needs to take in developing a community energy plan. We will be conducting some cost analysis, permitting research, funding research, and putting some tribal training objec-



tives into an action plan that will be developed for community input and approval. A community meeting will be held sometime this fall to present the final report.

### Tribal Surveys

Copies of the tribal Labor, Skills, and Education Survey will be available at this year's health fair for members to fill out. This survey will assist us in seeking funding from the BIA, Department of Labor, HHS, and Department of Education to consolidate

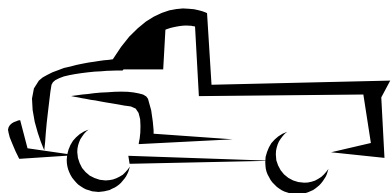


tribal programs to assist members to obtain employment assistance. Extra funding above current funding levels can be made available with submission of a qualified plan by the tribe.

We will also be conducting an income survey that will enable us to secure funding from the USDA and HUD for infrastructure and community development programs that are currently not open to us. We are also looking for funds to hire tribal members who can go door to door to collect this information from community members. Please fill out both documents if you attend the Health Fair. It will only take about 10 minutes to do so.

## Housing

The Housing Department will be accepting bids for two older model Dodge pick-up trucks that are situated behind the Housing office. These are to be silent auctioned off to the highest bidder, and will be disposed of "as is," with no guarantee implied or expressed about their mechanical soundness. The bidding process will start on July 5<sup>th</sup> at 8am and will stop July 14<sup>th</sup> at 1pm., with the trucks being awarded to the highest bidder (s). You may phone in your bid, or submit a handwritten bid.



The winner (s) will be announced on Monday July 17<sup>th</sup> shortly after the office opens, and the winners will be required to have the truck (s) removed from Housing property within one week.

All proceeds from the auction will be donated to the Elders program.

The work at the Tribes' Connor Housing Project will be commencing soon. There have been test wells dug as well as environmental assessments, so the remodeling should begin very shortly. If there are Community members who are interested in living in the Connor homes, you will need to formally apply for consideration. There are only 16 homes there, and it is presumed that they will go fast





# THE HEALTH FAIR IS COMING...

**WHEN: THURSDAY, JULY 20 2006**  
**10 A.M.—2 P.M.**  
**LUNCH STARTS AT 11 A.M.**  
**(RAIN OR SHINE)**

**WHERE: MICMAC HEALTH  
DEPARTMENT**  
**"FAIR GROUNDS"**

Micmac Health Fair



"Reclaiming our Health  
and Traditions"

**MARK YOUR CALENDARS!**

**THE 2006 MICMAC HEALTH FAIR IS COMING.... DON'T  
MISS ALL THE FUN AND GIVE-AWAYS. ACTIVITIES FOR  
THE CHILDREN, HEALTH SCREENINGS FOR ADULTS,  
BINGO FOR THE ELDERS AND MUCH MORE.**

**VOLUNTEERS NEEDED—CONTACT JEROLYN IRELAND AT  
764-7219 IF INTERESTED.**

# Community Health

## PAN is new to Community Health.

What is PAN? "Physical Activity and Nutrition

Goals of PAN:

1. Increase knowledge of food choices, cooking strategies, the importance of healthy eating and the benefits of eating fruits and vegetables
  - ◆ Developed Healthy Cooking Classes for Presque Isle and Littleton areas.
  - ◆ Healthy food demonstrations.
2. Increase daily physical activity
  - ◆ Developed Walking Program with varies time throughout the week. Distributing pedometers.
  - ◆ Designed a walk around Families.
  - ◆ Held Nature Walks during Little Feathers 10 yr. Celebration and Youth Outing.

## Walking Programs and Cooking Classes are new to Community Health.

Early Bird Walk (7:30 AM) - Tuesday, Wednesday and Thursdays

Family Walk (9:30 AM) - Tuesday and Thursdays

Elders Walk (9:30 AM) - Tuesdays

Evening Stroll (7:00 PM) - Monday and Wednesdays

Mountain Biking (11:00 – 1:00) – Monday and Wednesdays



**\*Walking and Biking subject to change due to weather and participants.\***

Healthy Cooking Classes Series (11:30 – 1:00) – Presque Isle (Elder's Building)

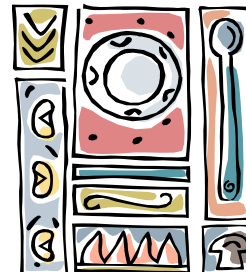
(You need to Reserve a space in order to participate)

**June 28** – Creative Ways to Get Your 5-A-Day

**July 12** – "Beating the Odds" – Heart Healthy Cooking

**August 2** - "Healthy Traditions" – Preparing Native Foods

**August 9** – "Stretching Your Dollar with Stir Fry"



**For the Cooking Classes and Walking Programs for Littleton contact Robin Suitter.**

Contact Information:

**Glogoetjg (Glo) Clair PAN or Georgie Smart CHR @ Micmac Health Dept. 764-7219**

My name is Glogoetjg or Glo Clair. I started working with the Community Health Dept. (PAN project) due to having my name in the Micmac Job Bank and indicating I like both exercising and cooking. I provide assist with physical fitness and nutritional needs. Since I began working, the staff at the Community Health Dept. have been very helpful and made me feel right at home. We have developed, with Rebecca, the nutritionist, Healthy Cooking Classes and, with Murle, the Walking Programs, which take place at different times during the week. I am honored to be a part of the Mountain Biking Program. I enjoyed the time I had with Murle, having biked with him last year and learned a great deal from him. I am very happy to be in this position. It allows me to be in contact with the community in many different ways

**Robin Suitter (Littleton) CHR/PAN 538-9120 or 538-9283**

Greetings. I, Robin Suitter, would like to introduce myself to the Micmac Community as a temporary CHR/PAN employee, who is currently working in the Southern Area-Littleton Main Building. My hours and work site are flexible between offices in Littleton and Presque Isle. I would like to start building rapport with the Southern Community and am looking for suggestions for a get together with some activities, door prizes, and meal.

Hope to hear from you soon call @ 538-9120 or 1-800-750-1972.

# Murle Masters, Fitness Specialist



We will miss our friend and coworker Murle Masters who died on June 9, 2006, as he would have said, “I went to my heavenly home”. I am sure we all have many wonderful memories of Murle. He had a way of making everyone feel extra special and was always there to help in anyway possible. Murle truly enjoyed what ever he was doing and usually mixed his presence with humor and positive words of encouragement. Our sympathy goes to Murle’s immediate family: Carla, Niki, Marilyn, his extended family and those who knew him.

Murle Masters made a positive impact in health care in the Micmac Tribal Community and he was a true champion. Murle was recently recognized for his outstanding accomplishments by Indian Health Service and was nominated to receive one of the Health Promotion and Disease Prevention Initiative 2006 Honor Awards called: “Facts and Figures.”

We knew Murle, as a great teacher who made learning fun, a positive role model, and one who promoted and provided health education on a variety of health topics, with his main focuses being on physical fitness and promoting the importance of eating fruits, vegetables and drinking water for wellness. One of his known saying was: “make water your favorite.”

To share your moments and memories of Murle; there is a large poster, outside of the Micmac Fitness Room. This poster is available for those who wish to leave a note for his family, or you may wish to send a note to Murle’s wife Carla Masters at 706 Egypt Rd, Westfield, Maine 04787.

As a tribute to Murle, there will be a special walk, in his honor. Look for date and details in the August news letter.





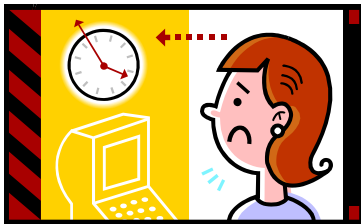
# Behavioral Health

## For Kids What is Stress? Five Steps for Fighting Stress

### What is Stress?

Stress is what you feel when you are worried or uncomfortable about something. You may feel angry, scared, or afraid, which can give you a stomachache or a headache.

Kids have lots of things going on in their lives that can cause stress, too. Plenty of things can cause stress in a kid's life. The one thing to remember is that some types of stress are good and some are bad. Good stress might show up when you're called upon in class to give a report, the signs of good stress maybe butterflies in your stomach or sweaty hands. But bad stress can happen if the stressful feelings keep going on over time.



Once you recognize the type of stress, there are several things you can do:

1. **Get support:** When you need help, reach out to people who care about you.
2. **Don't freak out:** Notice your feeling, name them, for example: I am angry, then find something to do to express them, such as exercise, breathing exercises, listen to music, go for a walk, something you enjoy.
3. **Don't take it out on yourself:** Remember there are always people to help you. Don't take it out on yourself. **Be kind to yourself** seek help to get through the stress.
4. **Try to solve the problem:** Once you are calm, have some support from adults or friends, it's time to get down to the problem that is causing your stress. Even if you cannot solve the problem, at least begin by solving part of it.
5. **Be positive, most stress is temporary:** The stress may not seem like it is temporary at the time, but stress does go away, often when you figure out the problem, and start working on it.

You may have to do some steps more than once. Stay positive as you make your way through the tough times. It feels good when the stress is gone.



# Environmental Health

## Congratulations to John Dennis!

John Dennis was recently selected to participate in the Bureau of Indian Affairs (BIA) water resources technician training program. Each year, the BIA solicits applications from Native Americans to participate in the program which involves four-weeks of hands-on training at New Mexico State University in Las Cruces, New Mexico. Following the training, the BIA provides a one-year employment voucher for participants to work for their Tribe's water resources program.

John's selection to participate in the program is particularly noteworthy because due to funding cutbacks, the BIA has drastically reduced the number of program participants, which has made selection for the program extremely competitive (nationwide, only 16 participants were selected).

John is currently an honors student at Northern Maine Community College where he is studying plumbing. It is John's hope that eventually he will be able to use his plumbing skills for the benefit of the Aroostook Band of Micmacs.

John's love for water and water sports such as canoeing and swimming helped to attract him to the plumbing field. In addition to John's interest in water resources, John has been very active with Tribal youth programs, and enjoys making native arts and crafts.

The Micmac Environmental Department looks forward to John's employment with our water resources program, where he will be assisting us with monitoring water flow and quality on Micmac Tribal lands.



*John Dennis (right) monitoring water flow at the BIA's water resources technician training program in Las Cruces, New Mexico.*

### Reminder!

- When you come to every appointment, please bring in all insurance cards, including your Micmac Contract Health Services card.
  - Please call the clinic or Contract Health Services 24 hours before running out of your medications. If you use the Pequot Pharmacy, please call Pequot 7-10 days before you run out of your medications. Medications will not be filled on weekends.
  - When you come to every appointment, please bring in a list of your medications or bring in your actual bottle of medications. This will help the providers keep an accurate list of everything you are taking.
  - The nurses call to remind you the day before your appointment; if you do not plan on coming to your appointment, please call us so we can fill that slot with another client.
  - The go live date for Electronic Health Record has been changed to August.
- The deadline for changing your provider to the Micmac Family Clinic was June 10, 2006. If you have not done this, please fill out the appropriate form and

send it to us. If you do not have a form, please call the clinic at 764-1792 or stop by and fill one out. If you have not filled out your form, you are no longer covered through Contract Health Services effective June 10, 2006.



#### Vaccine Update:

##### Hepatitis A vaccines are in-

Who needs it? 1-18 years of age.

What is it? Hepatitis A is a serious liver disease caused by the Hepatitis A virus. HAV is found in the stool of persons with Hepatitis A. It is usually spread by close personal contact and sometimes by eating food or drinking water containing HAV.

##### Meningococcal vaccines are in-

Who needs it? children 14-18 years of age.

What is it? Meningococcal disease is a serious illness, caused by a bacteria. It is the leading cause of bacterial meningitis in children 12-18 years old in the United States. Meningitis is an infection of fluid surrounding the brain and spinal cord. Meningococcal disease also causes blood infections.

##### TDaP vaccines are in-

Who needs it? Adolescents-11-18 years of age.

What is it? Tdap vaccine can protect adolescents against three serious diseases. Tetanus, diphtheria, and pertussis are all caused by bacteria. Diphtheria and pertussis are spread from person to person. Tetanus enters the body through cuts and wounds.

For more information or questions on whether or not your child should be immunized, please call the clinic at 764-1792 or 1-800-750-1972 ext. 200.

Ask us about our Immunization Incentive Program!





**YOUTH GROUP AT ARNOLD BROOK LAKE—5—7 YEAR OLDS—JUNE 20, 2006**



**YOUTH GROUP AT ARNOLD BROOK LAKE—5—7 YEAR OLDS—JUNE 20, 2006  
THANKS TO ELDON ESPLING THE PIFD PAID A VISIT TO OUR OUTING!**



# NEW WINTER ACTIVITY HOURS 4PM-6PM

*These hours will remain  
until school is out for the  
summer.*

\*\*\*\*\*

If you need a ride

Please call P.I. 769-2114

By 2:30 or Littleton office

538-4305

\*\*\*\*\*

Music Project with Steve Dow

Ages 11-17 in P.I. area every  
Saturday 4 pm-6 pm

And in Littleton every Sunday

4 pm-6 pm

Call Steve for details

\*\*\*\*\*

Fishing with Nick & Steve

Call Nick for Details

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(H) Houtlon area

(PI) Presque Isle area

If you need a ride

# July 2006

S U N	M O N	T U E	W E D	T H U	F R I	S A T
						1
2	3	4	5	6	7	8
Staff vacation and trips planned	No activities	No activities	No activities	No activities	Ages 11-17 Fund Raisers	Bar Harbor Drum group
9	10 (P.I.) & (H) Ages 5-10, Swimming Lessons	11 11-17 Indian Township	12 11-17 Indian Township	13 11-17 Indian Township	14	15
16	17 (P.I.) & (H) Ages 5-10, Swimming Lessons	18 No activities	19 No activities	20 Health Fair	21 Ages 11-17 Fund Raisers 11:00-2:00	22
23	24 (P.I.) & (H) Ages 5-10, Swimming Lessons	25 No activities	26 Ages 5-7 Amity Author Howl	27 Ages 5-7 Jelly Stone Wood Stock N.B.	28	29
30	31 (P.I.) & (H) Ages 5-10, Swimming Lessons					



### Elders Schedule:

- Elders arriving
- Breakfast
- walking for a healthy heart.
- Social time
- Language time
- Lunch
- Bingo/social
- Home

### July Birthdays:

David Hill 7/12

Ruth fitch 7/1

Anna Honeycutt 7/12

Robert muise 7/21

Lorraine hustus 7/5

## ELDERS JULY 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4 Office Closed	5	6	7	8
9	10	11 Cold Sandwiches	12	13	14	15
16	17	18 Turkey Dinner	19	20	21	22
23	24	25 Hamburg Soup	26	27	28	29
30	31					

# Happy Birthday July

James Akerson	Stephen Augustin
Cameron Borden	Daniel Brewer
Barry Bultez	Robert Butler
Gina Bybee	Patrick Caparotta
Stephanie Cederman	Crystal Charette
Michael Chase	Helen Ciganik
Debora Collins	Barbara Daigle
Trinitee Delaney	Steven Dow
Donna Dube	Sally York
Gabriel Estabrook	Wayne Estabrook
Ruth Fitch	Roland Flewelling
Christian Gayton	Amber Getchell
Heather Getchell	Anthony Gideon
Yoelis Gonzalez	Joann Goodall
Caleb Gould	Courtney Gould
Hunter Harquail	Mitchell Harrington
Jennifer Hayes	David Hill
Anna Honeycutt	Mark Howe
Bridget Hustus	Lorraine Hustus
Ashley Jelson	Eric Joe
Job Joslyn	Aaron Kenneson
Wannetta Labobe	Sarah Lagrange
Brandon Mancos	Josh Martin
Timothy Martin	Albany McCabe
Alysa McDonald	Joann McNeal
Jason Miller	Lynn Miller
Shamara Miller	Gareth Miller
Tammy Muir	Robert Muise
Bridget Murphy	Sayyeda Murphy
Wilson Nadeau	Lanae Noyes
Charise Peter Paul	Andrew Phillips
John Phillips	Chris Phillips
Francis Pictou	Julia Rothchild-Silliboy
Shayla-Mae Sabine	Steven Sam Jr
William Sanipas III	William Sanipas Jr
Dylan Schillinger	James Schillinger
Ryan Schillinger	Jeremy Scully
Alice Crouse	Harry Silliboy
Kaya Silliboy	Rosella Silliboy
Ashley Simon	Ben Small
Jeremiah Sock	

FOR YOUR INFORMATION

**Tribal Council meetings are scheduled on the 1st (in Presque Isle) and 3rd (in Littleton) Wednesday of every month. Meetings begin at 6 p.m. Please call to verify day and time.**

All offices for the Aroostook Band of Micmacs will be closed the following days:

July 4 Independence day

July 26 Indian Day



**Congratulations to Desirea Miller**

Desirea graduated from High School this month.

Well Done Desirea!!

Submitted by Wesley Miller

Cancer (June 21— July 20) Zodiac Images: [www.wisegorilla.com](http://www.wisegorilla.com)

is introverted, reserved, emotional, sensitive, moody, sympathetic, security-conscious, prudent, retentive, domestic, maternal, protective, quiet, calm, imaginative, conscientious, and quite the traditionalist.

Symbol



Element  
Water



Planetary Ruler  
Moon



Crab



Leo (July 21— Aug 20) content: <http://www.astrology-numerology.com/keywords.html>

is ambitious, a lover of limelight, speculative, extroverted, optimistic, honorable, dignified, confident, proud, exuberant, sunny, flamboyant, charismatic, dramatic, competitive, a leader and an organizer

Symbol



Element  
Fire



Planetary Ruler  
Sun



Lion



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Aroostook Band of Micmacs  
7 Northern Rd  
Presque Isle ME 04769  
Phone: 207-764-1972  
Fax: 207-764-7667



We're on the Web !  
[www.micmac-nsn.gov](http://www.micmac-nsn.gov)

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**If you would like to submit an article or  
tidbit for the newsletter  
please contact Julia Miller, Tribal Clerk  
by phone, mail or e-mail  
[jmiller@micmac-nsn.gov](mailto:jmiller@micmac-nsn.gov)  
Submissions are due by  
the 15th of every month!**

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